

IRONMAN®

350r

Owner's Manual Ironman 350r Recumbent

Customer Service

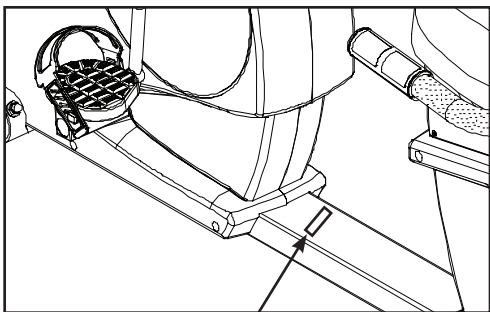
1.800.750.IRON
1.800.750.4766



4009 Distribution Drive
Suite 250
Garland, TX 75041

www.ironmanfitness.com

CAUTION! Read all precautions and instructions in this manual before using this equipment.

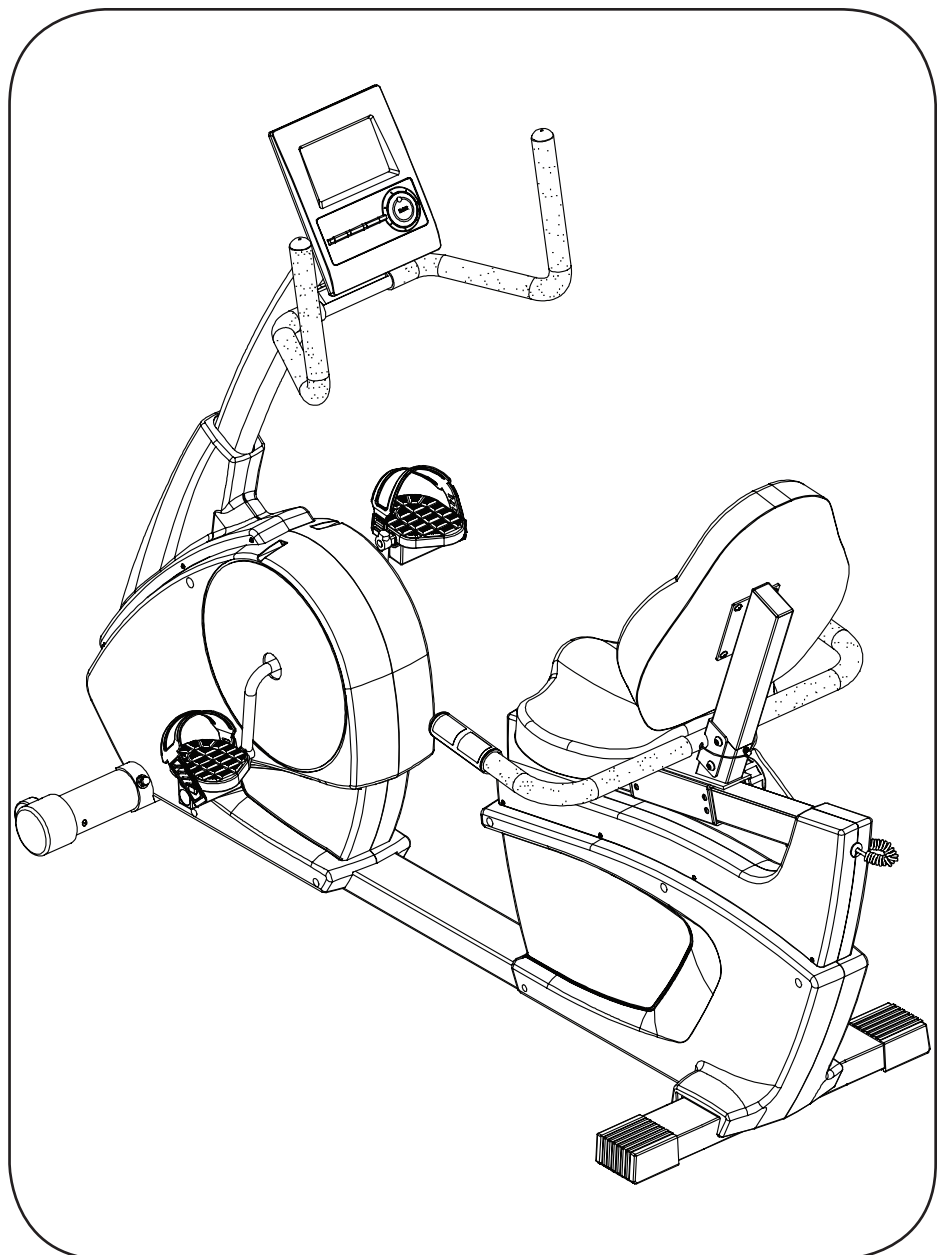


SERIAL TAG IS LOCATED ON THE FRAME

Model Name: **350r**

Date of Purchase: _____

Serial Number: _____



315-00125
11/07 Rev A

Table of Contents

Important Safety Information	3
Assembly	5
Console Instructions	11
Monitoring Your Heart Rate	16
Warm-Up Exercises	18
Moving Instructions	21
Parts List	22
Exploded Views	23
Warranty Information	24

Important Safety Information



WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **300** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

Important Safety Information



Thank you for purchasing the Ironman **350r Recumbent Bike!** The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

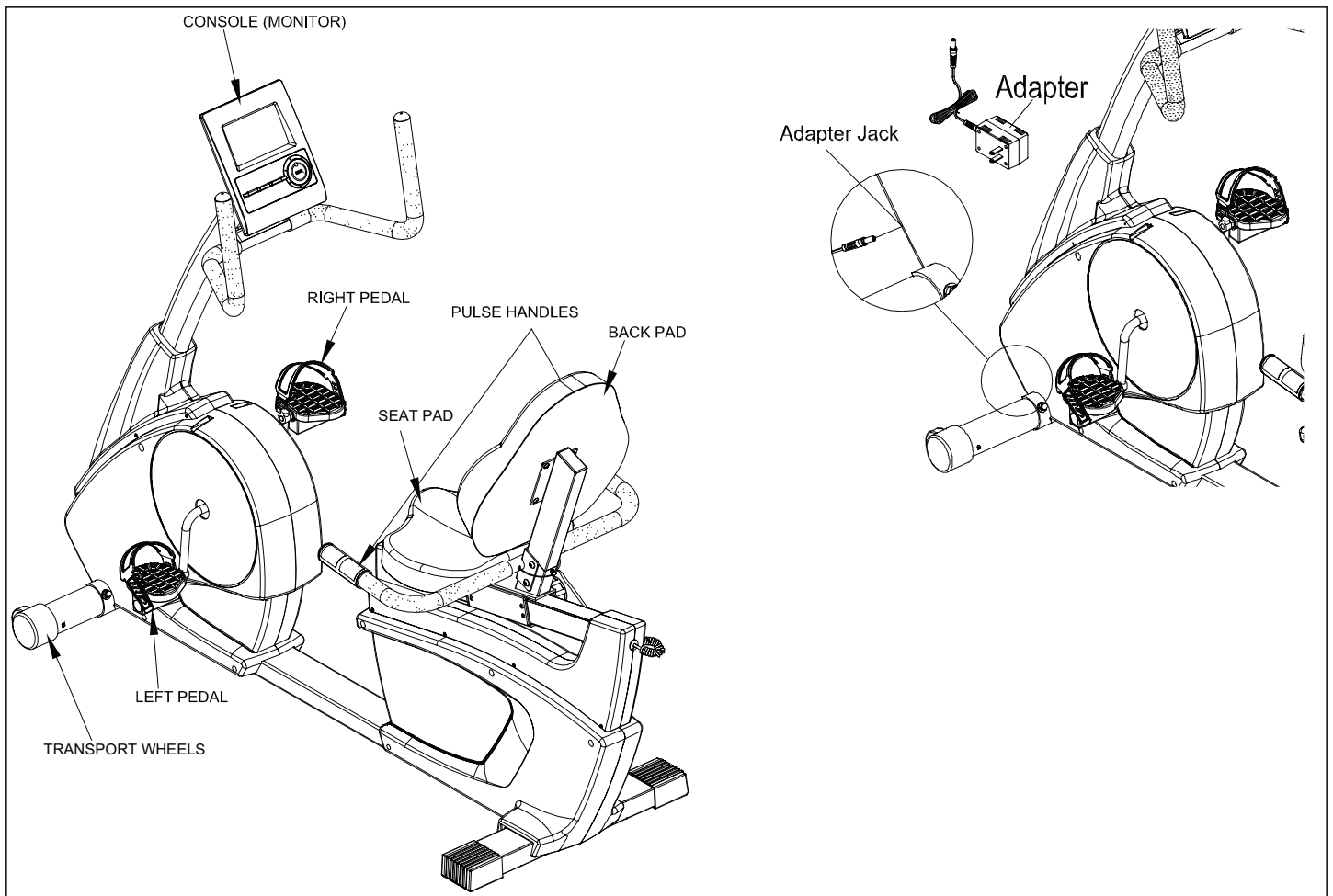
Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury.

If you are taking medication, consult your physician to see what effect the medication will have on your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



Assembly

Getting Started - The Ironman **350r** will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. Before assembling, the unit should be placed as close as possible to its final location. If you are missing any parts, please call Ironman Fitness at 1-888-340-0482. Tools have been provided to assist with product assembly.

Figure 1

Step 1:

Remove the two hex head bolts from the front stabilizer. Attach the front stabilizer (2) onto the front of main frame (3) using hex head screws (1), washers (4) and cap nuts (5).

Step 2:

Remove the two hex head bolts from the rear stabilizer. Attach the rear stabilizer (8) onto the front of the main frame (3) using carriage bolts (1a) and washers (4).

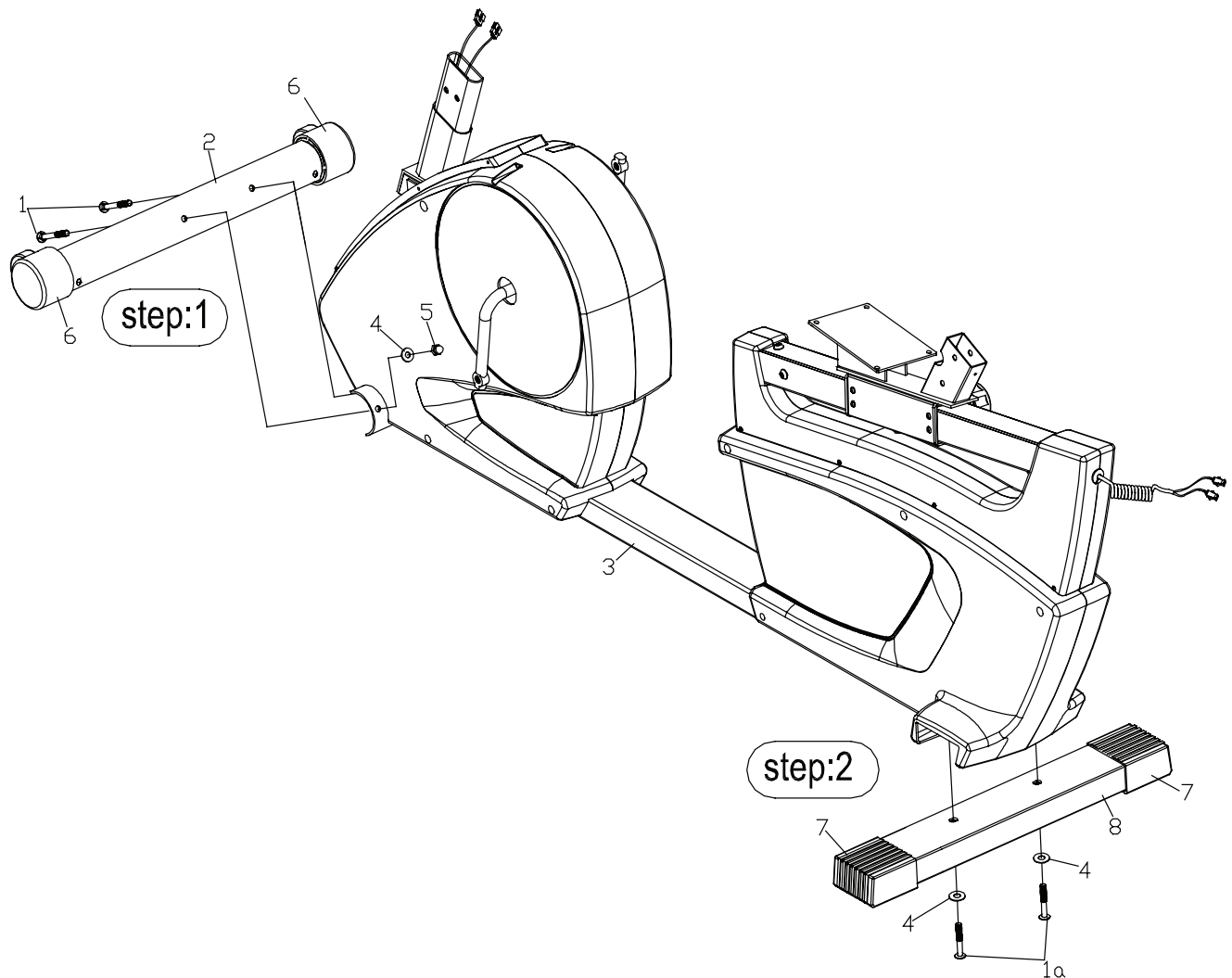


Figure 2

Step 1:

Slide the seat carriage slider (30) into the seat carriage (19). **Note:** The seat carriage slider will be secured in the following step.

Step 2:

Attach the seat handlebar (29) to the seat carriage (19) using hex head screws (24) and washers (4).

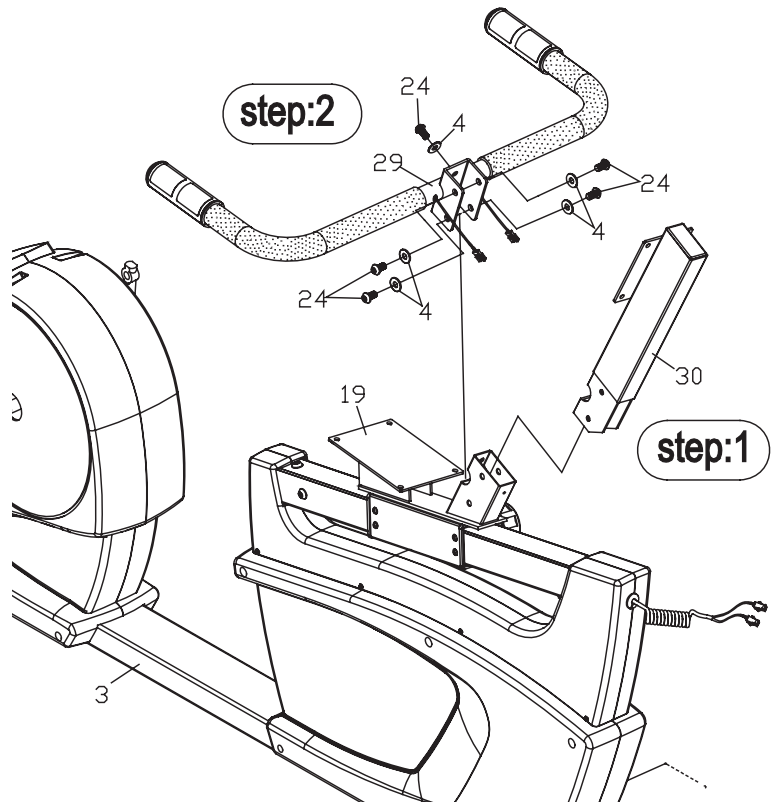


Figure 3

Step 1:

Attach the back pad (26) to the seat slider (30) using screws (27) and washers (28). **Note:** Screws (27) and washers (28) are located in hardware bag.

Step 2:

Attach the seat pad (25) to the seat carriage (19) using screws (27) and washers (28). **Note:** Screws (27) and washers (28) are located in hardware bag.

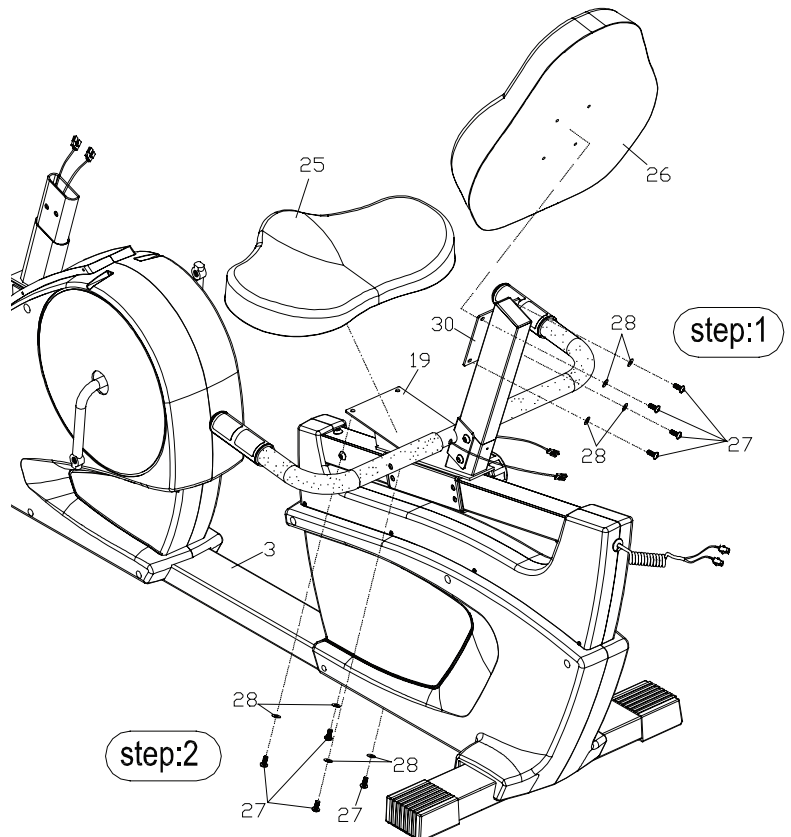


Figure 4

Step 1:

Connect pulse wires (71) to pulse wires (45).

Step 2:

Secure the pulse wires by attaching the cable clamp (42) to the seat carriage (19) using screw (14).

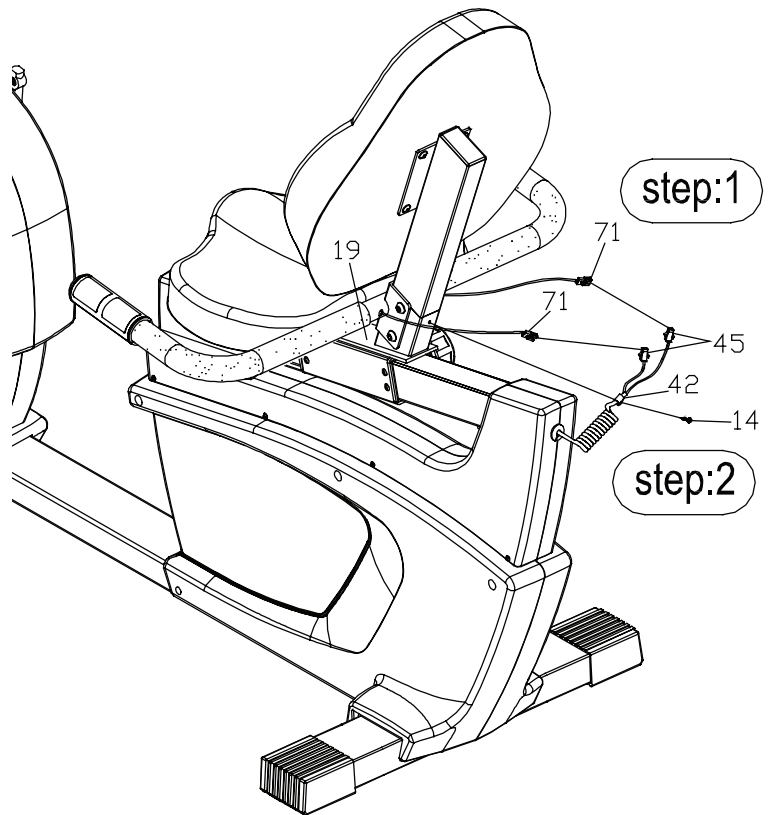


Figure 5

Step 1:

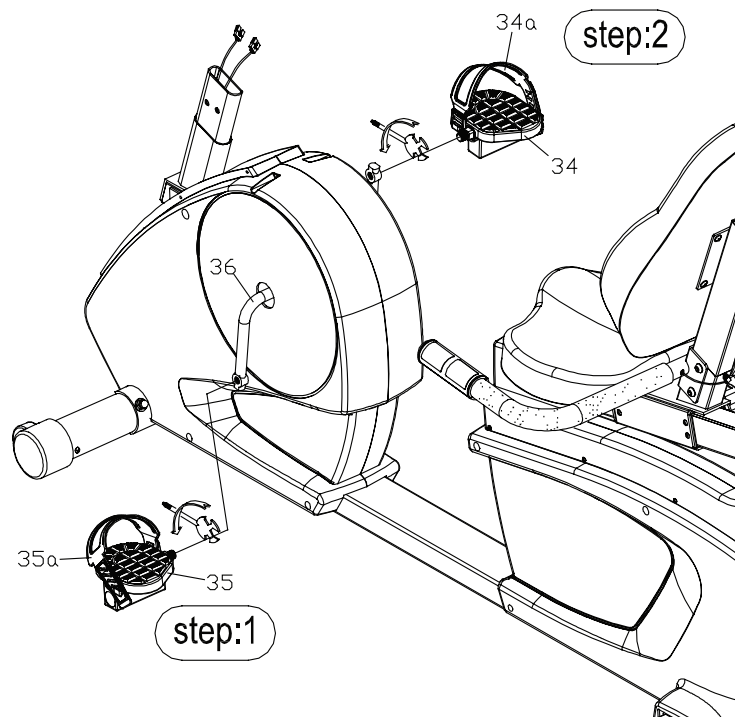
Attach the left pedal (35) to the left crank. The left pedal is marked with an "L". Turn the threads on the pedal **counter-clockwise** to secure it to the crank.

Step 2:

Attach the right pedal (34) to the right crank. The right pedal is marked with an "R". Turn the threads on the pedal **clockwise** to secure it to the crank.

Step 3:

Attach the pedal straps (35a and 34a) to the appropriate pedal. Each strap is marked with an "L" or an "R". The side with 2 holes will go on the clip towards the inside of the unit.



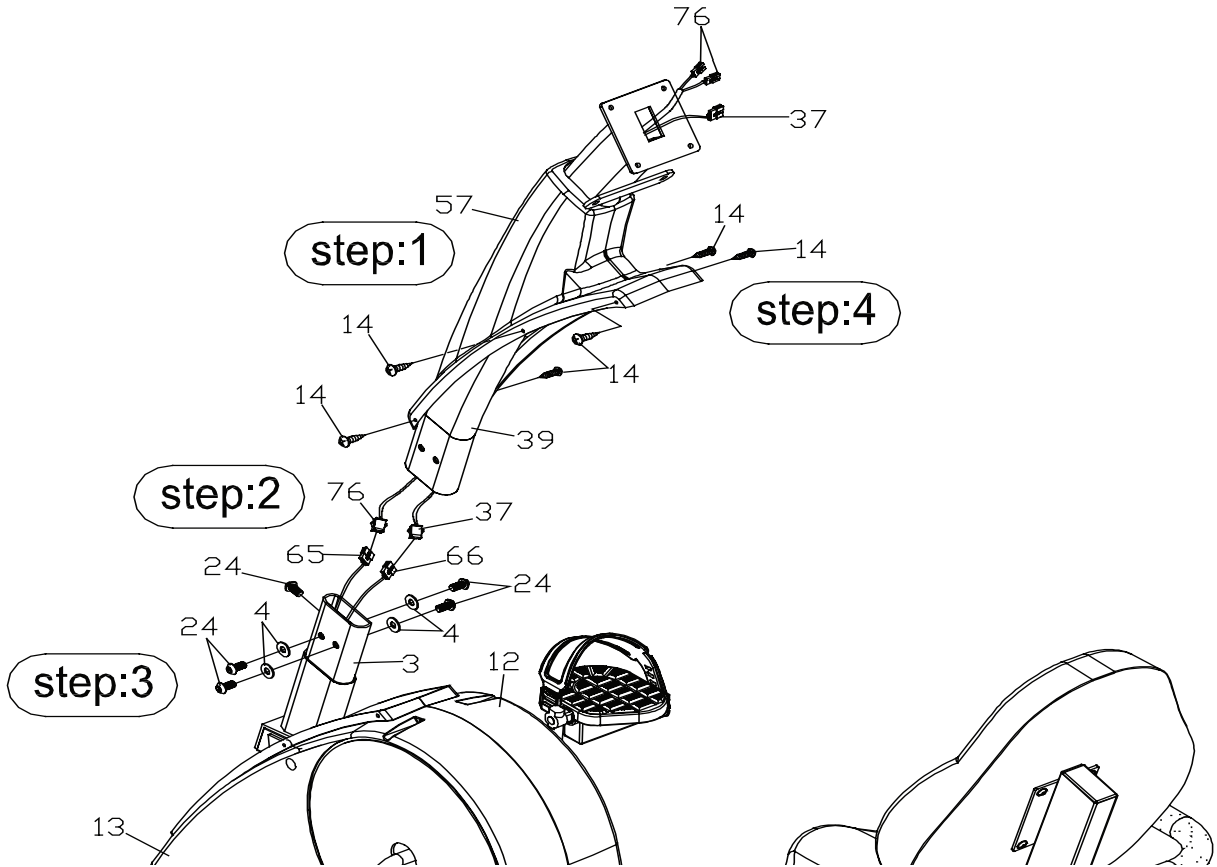


Figure 6

Step 1:

Slide console tube cover (57) up the console tube (39).

Step 2:

Connect pulse wire (66) and wire harness (65) coming from the main frame to pulse wire (76) and wire harness (37) from the console tube.

Step 3:

Slide the console tube (39) onto main frame (3) and secure using hex head screws (24) and washers (4). Slide console cover (57) down and secure using screws (14).

Step 4:

Slide the cover all of the way down the console tube. Secure using screws (14).

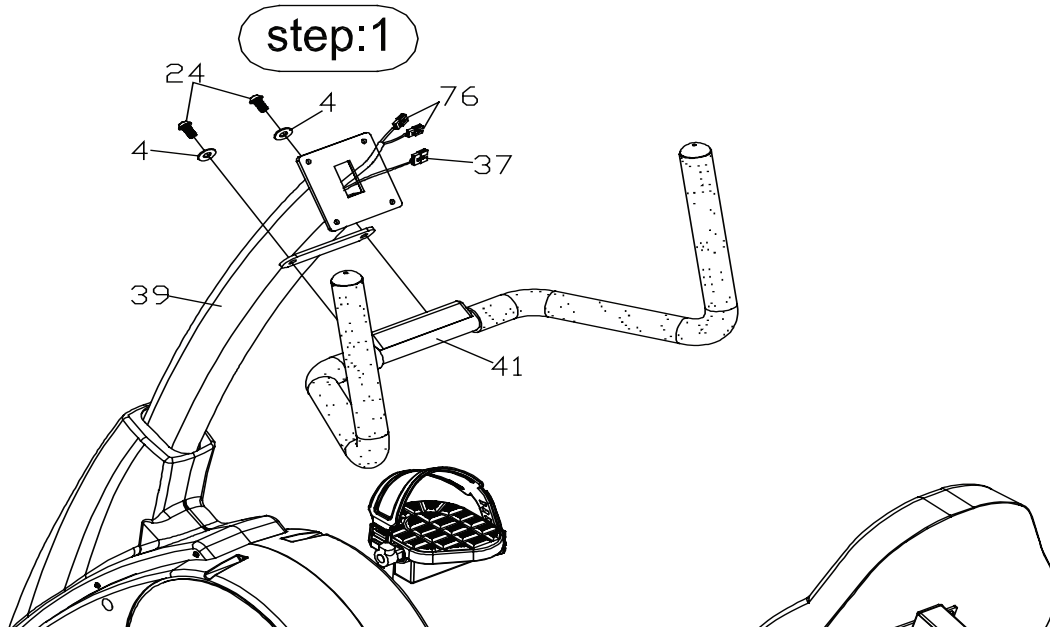


Figure 7

Step 1:

Attach the front handlebar (41) to the console tube (39) using hex head screws (24) and washers (4).

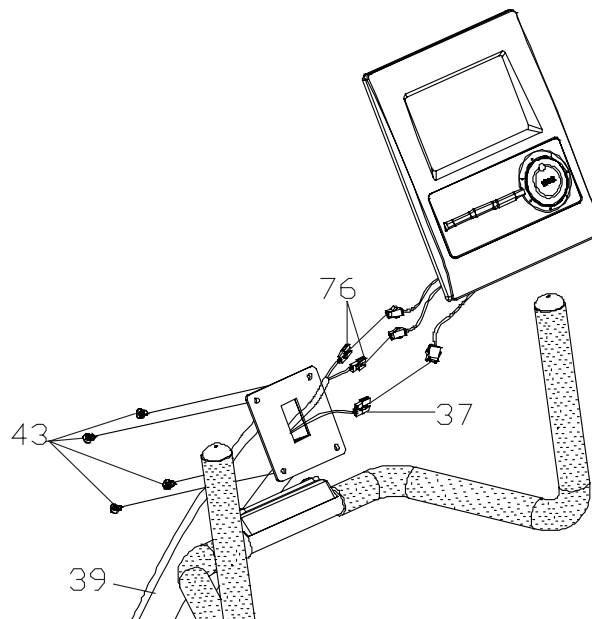


Figure 8

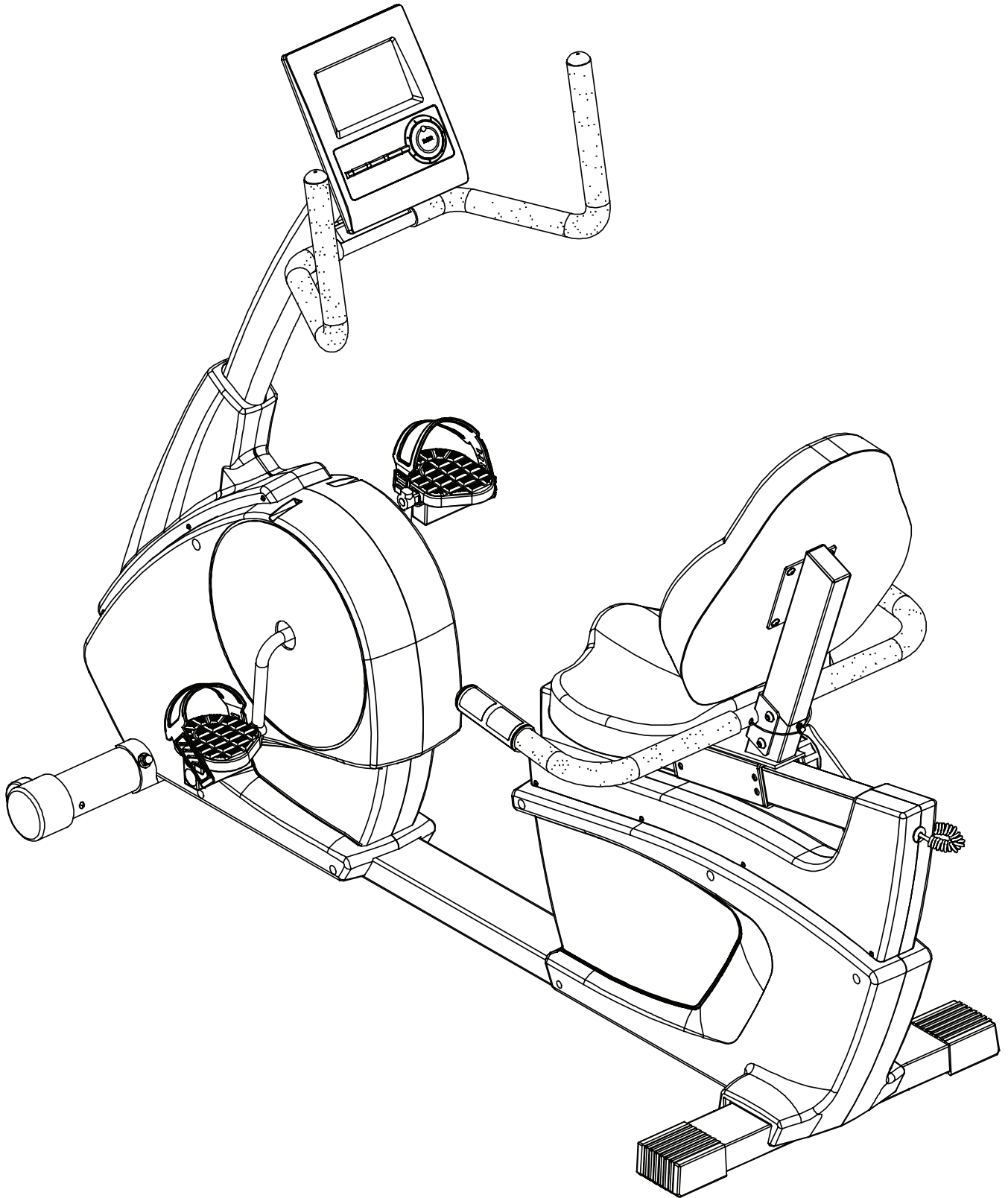
Step 1:

Connect the wires coming from the console to pulse wires (76) and wire harness (37).

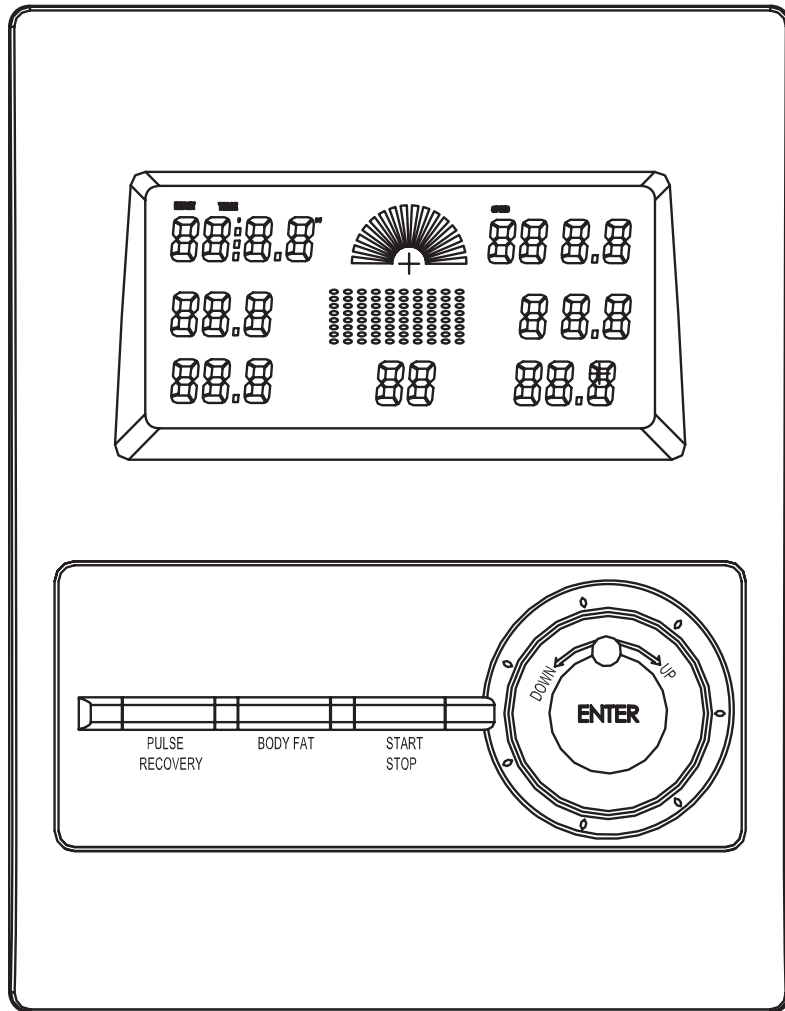
Step 2:

Secure the console to the console tube (39) using screws (43).

Note: The screws are already pre-installed into the back of the console.



Congratulations!
You have completed assembly of your new 350r bike!



The 350r's console is a single window LCD that displays RPM, SPEED, TIME, DISTANCE, CALORIES, PULSE, and HEART RATE.

Power Modes

Power On: Make sure the AC adapter is plugged into an outlet. Press any button to turn the console on. A long beep will sound and the entire LCD display will light up for 2 seconds.

Sleep: This occurs if the unit senses no pedal movement or if the console buttons have not been pressed for 4 minutes.

Active: After the console enters sleep mode, press any button or begin pedaling to turn the console back on.

Buttons

Up/Down Dial

During Setup Mode (Dial wheel for selection): It is used to select the workout program. It is also used to change Time, Calories, Distance, and Program.

During Workout: You can press the Up/Down buttons to increase or decrease the resistance levels from 1 to 16.

Console Instructions



Start/Stop

During Setup Mode: This button is used to begin workout. Press this button once all settings are confirmed

During Workout: It is used to pause workout mode. All workout data is stored during pause mode.

Enter (Press the dial)

During Setup Mode: This button is used to select the desired setting you wish to change and to confirm the values entered (Time, Calories, Distance, Pulse, and Program).

Pulse Recovery

During Workout: This button is used to test the user's fitness level. The user must press the button, then hold the pulse grips until the console counts down 60 seconds (refer to console functions for more information).

Body Fat

During Set Up Mode: Press the button to start body fat program. User will be prompted to input Height, Weight, Gender, and Age. This program is designed to calculate body fat ratio and to design a specific tension profile. In order to use this program correctly, make sure the personal data has been input and correct. User must grip handlebars until the program is completed. After program is completed, three values will be displayed:

Body Fat: Body Fat is the percentage of a person's body mass that is not made up of either bones, muscles, organs, or water.

BMR: Stands for Basal Metabolic Rate. Basal Metabolic Rate (metabolism) is the rate at which your body uses energy (calories) at rest, affecting total energy needs.

BMI: Stands for Body Mass Index. BMI is a measure which takes into account a person's weight and height to gauge total body fat in adults.

Note: All of the figures below are not intended to be used as medical guidelines. Please consult your physician for more accurate and personalized recommendations.

Body Fat

Body Type	Female	Male
Athlete	<17%	<10%
Lean	17-22%	10-15%
Average	22-25%	15-18%
Above Avg	25-29%	18-20%
Overweight	29-35%	20-25%
Obese	35+%	25+%

Body Mass Index

Body Type	Range
Underweight	<18.5
Ideal	18.5-25
Overweight	25-30
Obese	>30

CONSOLE FUNCTIONS

TIME:

If a target time was not selected, time will count up from 00:00 to maximum 99:59. When working out with a target time, time will count down from target to 00:00. When selecting target time, turn the dial clockwise to increase value, turn the dial counter-clockwise to decrease value, the time will change in 1 minute increments and can range from 1:00 min to 99:00 mins.

SPEED:

Displays current training speed from 0.0 to maximum 99.9 KM or MPH.

Console Instructions



RPM:

Displays current training revolutions per minute.

DISTANCE:

If a target distance was not selected, distance will count up from 0.00 to maximum 99.90. When working out with a target distance, distance will count down from target to 0.0. When selecting target time, turn the dial clockwise to increase value, turn the dial counter-clockwise to decrease value, the distance will change in 0.1 mile increments and can range from 0.00 miles to 99.90 miles.

CALORIES:

If target calories were not selected, calories will count up from 0 to maximum 990. When working out with target calories, calories will count down from target to 0. When selecting target calories, turn the dial clockwise to increase value, turn the dial counter-clockwise to decrease value, the calories will change in 10 calorie increments and can range from 0 calories to 990 calories.

PULSE:

Displays your current heart rate as soon as both hands are holding the pulse sensor. The monitor will detect your heart rate through hand grip sensors that are located on the upright and near the seat. **Note:** *It may take several seconds for the electronics to detect and display an accurate heart rate reading.*

WATT:

Displays current training watt figures. A watt is a measurement of the amount of power generated by the user based on the resistance and speed.

PULSE RECOVERY:

After your workout, keep holding on hand grips and press "PULSE RECOVERY" button. All function display will stop except "TIME" starts counting down from 01:00 to 00:00. Screen will display your heart rate recovery status rating between F1-F6. F1 is the best, F6 is the worst. If no pulse signal is detected by the console, "P" will be displayed in the pulse window. If the console displays "ERR", please press "PULSE RECOVERY" button again and hold onto the hand grips once more.

RESET:

To reset console, first press the Start/Stop button. Finally, press and hold the Enter button for 5 seconds.

PROGRAM INSTRUCTIONS

MANUAL PROGRAM:

After turning the console on by pressing any button or pedaling, turn the dial until Manual is displayed. The manual program allows the user to manually adjust tension settings throughout his/her workout. The default tension level is 1. You may set desired time, distance, calories, resistance, and pulse rate for your workout. If desired, user may bypass all of this, and simply press START/STOP button and enter into quick start.

Console Instructions



Time will flash in the display. Turn the dial clockwise to increase value, turn the dial counter-clockwise to decrease value to set desired time. Press Enter to confirm selection. Repeat steps for distance, pulse, and calories. Press Start/Stop to begin exercising at any time. You can change the tension level at any time during your workout session by turning the selection dial.

PROGRAMS:

The console comes with 12 preset programs (see program profiles on page 12 for programs available). Turn the selection dial until desired program is displayed. Press the dial to confirm selection. Time will flash in the display. Turn the selection dial to set desired time. Press the dial to confirm selection. Repeat steps for distance, pulse, resistance, and calories. Press START/STOP to begin exercising at any time. You can change the resistance at any time during your workout session by turning the selection dial.

USER PROGRAM:

The console allows user to customize up to four separate workout sessions. The program is divided into 10 segments. Resistance can be set for each segment. The program will be stored in the console's memory after set-up.

Turn the selection dial until desired user program is selected (U1-U4 will be displayed). Press the dial to confirm selection. The first segment will now be flashing in the main window. Turn the dial clockwise to increase the desired resistance, turn the dial counter-clockwise to decrease the desired resistance. Press the dial to confirm selection and proceed to the next segment. Time will flash in the display. Turn the selection dial to set desired time. Press the dial to confirm selection. Repeat steps for distance, pulse, resistance, and calories. Press START/STOP to begin exercising at any time. You can change the resistance at any time during your workout session by turning the selection dial.

HEART RATE PROGRAM (HRC):

Heart rate control programs are designed to automatically change resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each heart rate program is designed with a specific goal in mind. **Note:** *This calculation is based on your age which must be entered correctly into your user profile.*

See MONITORING YOUR HEART RATE section for more information.

Turn the selection dial until desired HRC Program. There are five different programs - heart rate 55% HRC (Heart Rate Control), 65% HRC, 75% HRC, 85% HRC, and Target HRC (user specifies the percentage of maximum heart rate desired). Press Enter button to confirm selection.

If TRG is selected, turn the selection dial until desired target heart rate is selected. Press Enter button to confirm selection.

Age will flash in the display. Turn the selection dial to set Age. Press Enter to confirm selection. Repeat steps for time, distance, pulse, resistance, and calories. Press START/STOP to begin exercising at any time.

Note: For a more accurate reading, hold the hand grips with both hands. This is especially important in Heart Rate Programs.

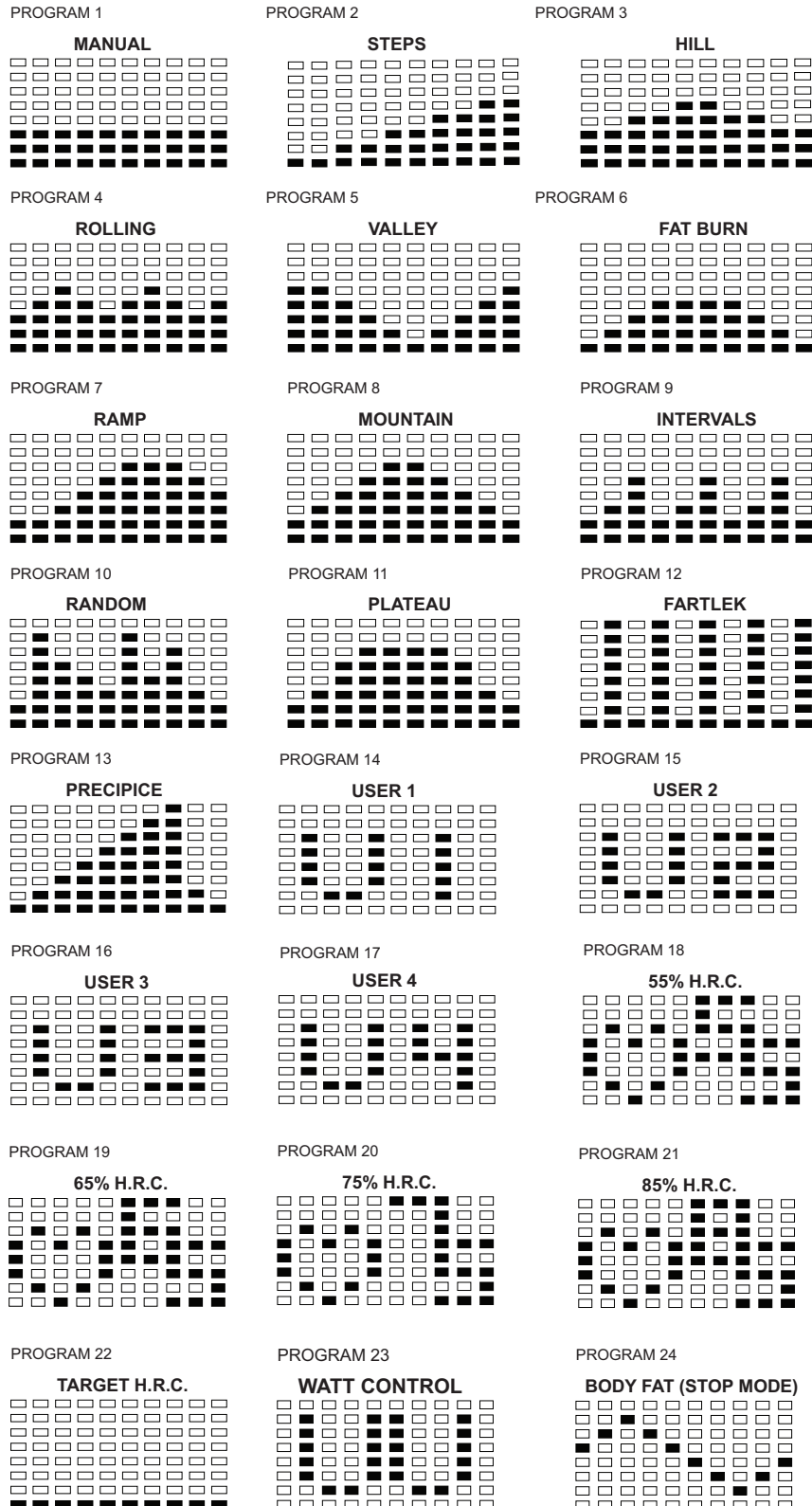
ERROR CODES

E1 (Error 1): Is displayed when console no longer receives a signal from the gearbox (motor).

E2 (Error 2): Software malfunction.

E3 (Error 3): Is displayed when the console detects a faulty gearbox (motor).

PROGRAM PROFILES



Monitoring Your Heart Rate

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate
 (THR) = Target Heart Rate

220 - age = maximum heart rate (MHZ)
 MHZ x .60 = 60% of your maximum heart rate.
 MHZ x .75 = 75% of your maximum heart rate.
 For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190
 190 x .60 = 114 (low end or 60% of MHZ)
 190 x .75 = 142 (high end or 75% of MHZ)
 30 year-old (THR) Target Heart Rate would be 114-142

TARGET HEART RATE ZONE

100%

Serious athletic training range

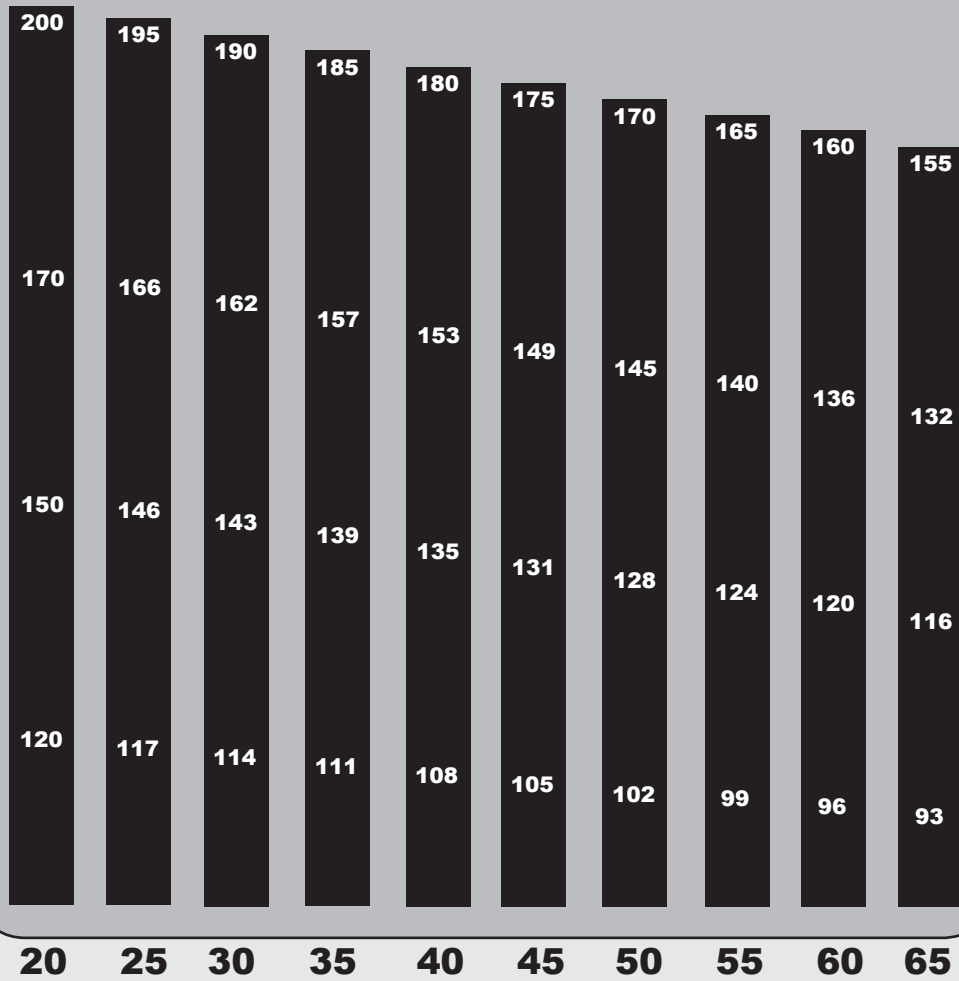
85%

Cardiovascular conditioning range

75%

Fat burning range

60%



AGE

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.



Prone on Elbows

Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.



Supine Lumbar Rotation

Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.



Knees to Chest

Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.



Cat and Camel

Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times



Cervical Side Bends

Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.

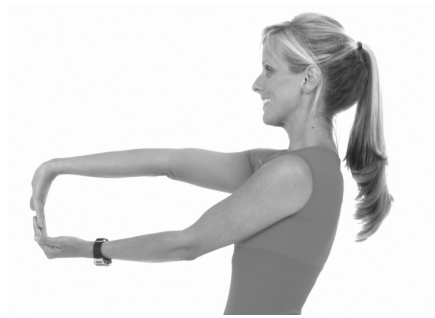


Shoulder Circles

In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Wrist Extensor

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Wrist Flexor

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Triceps Stretch

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



One-Arm Pectoralis Stretch

Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.



Piriformis Stretch

Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.



Groin (Adductors) Stretch

Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Calf Stretch

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and your left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.



Standing Quadriceps Stretch

Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.



Achilles Stretch

Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each leg.

Moving Instructions

CAUTION! TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU LEAN THE UNIT, LIFT USING YOUR LEGS, NOT YOUR BACK.

First, kneel down and grasp the rear support tube with both hands as shown in Figure 1. Next, with a firm grasp on rear support tube stand up bringing the rear of the bike up in the air and tilt the unit until it rolls freely on the transport wheels. Using extreme caution, move the unit to the desired location as shown in Figure 2. Do not attempt to move the unit over an uneven or rough surface.

Note: *The unit you purchased may not be identical to the one pictured.*

Figure 1



Figure 2



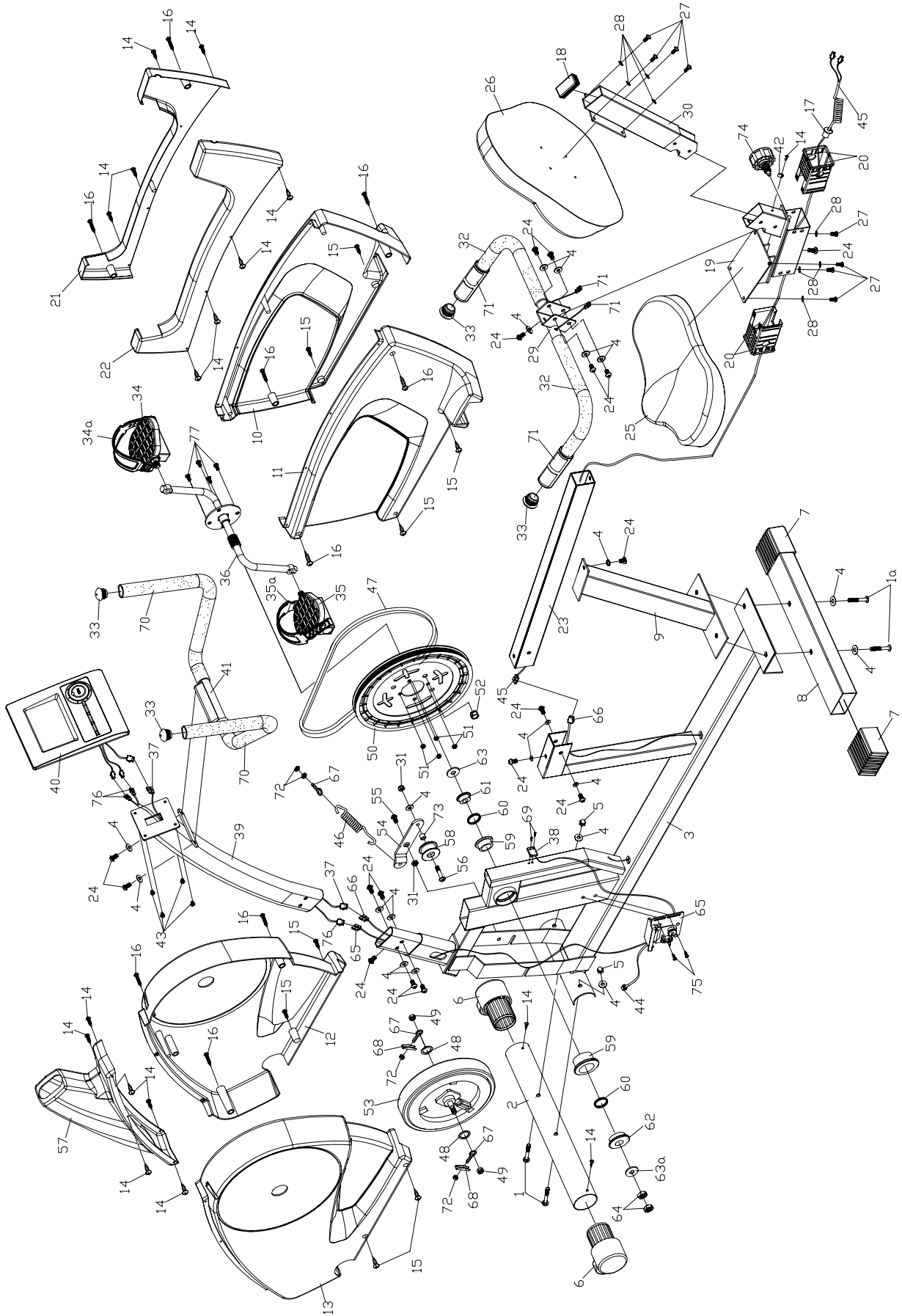
Parts List



350R PARTS LIST REV. A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	302-01636	CARRIAGE BOLT M8*1.25*70MM, HT660U	2	39	323-00614	CONSOLE TUBE, 660R	1
1a	302-01606	HEX HEAD SCREW, M8*57MM, 660R	2	40	307-00748	CONSOLE, 350R	1
2	323-00615	FRONT STABILIZER, 660R	1	41	323-00616	HANDLEBAR, FRONT 660R	1
4	302-00449	M8X19MM WASHER BLACK U/R/E 220/240/250	20	42	319-00403	WIRE CLAMP, 660R	1
5	302-01612	CAP NUT, 8MM, 660R	2	43	302-00443	M5 X10MM SCREW 220E/240E/240R/240U/640R/	4
6	306-01009	TRANSPORTATION WHEEL, 660R	2	44	307-00740	DC POWER CORD, 660R	1
7	306-00641	FOOT CAP, HT640R	2	45	313-00453	LONG EXTENSION PULSE WIRE, 660R	1
8	323-00617	FOOT TUBE, REAR, 660R	1	46	302-01609	SPRING, 660R	1
9	323-00618	SUPPORT TUBE, 660R	1	47	304-00029	BELT, POLY V BELT, 420R/HT840R.1	1
10	305-01624	REAR BOTTOM HOUSING, RIGHT, 660R	1	48	302-00402	M10X19x2.0 MM WASHER,220E/240E/240R/240U	2
11	305-01614	REAR BOTTOM HOUSING, LEFT, 660R, 350R	1	49	302-00468	M10 X 1MM CAP NUT TRI-6.0R/640R	2
12	305-01615	FRONT BOTTOM HOUSING, RIGHT, 660R, 350R	1	50	311-00108	PULLEY,660R	1
13	305-01623	FRONT BOTTOM HOUSING, LEFT, 660R	1	51	302-00368	6MM HEX NUT MACRO	4
14	302-00471	M4 X 12MM SHEET METAL SCREW TRI-6.0R,640	15	52	310-00173	MAGNET, HT640U/HT640R	1
15	302-01192	TP M4 X 16 MM SCREW	8	53	311-00068	MAG BRAKE TRI-6.0R/640R/640U	1
16	302-00417	TP M5 X50MM SCREW	9	54	319-00402	BELT TENSION BRACKET, 660R	1
17	306-00640	END PLUG, HT640R	1	55	302-01198	HEX HEAD SCREW, M8 X 20MM	1
18	306-00632	30X60 END CAP	1	56	302-00375	M8X38MM SCREW	1
19	319-00205	SEAT SUPPORT BRACKET, HT640R	1	57	306-01016	CONSOLE TUBE COLLAR, 660R	1
20	302-01637	M50*50M INNER BUSHING, HT660R	4	58	311-00107	IDLE PULLEY, 660R	1
21	305-01616	REAR TOP COVER, LEFT, 660R, 350R	1	59	331-00088	BEARING CUP, HT640R	2
22	305-01617	REAR TOP COVER, RIGHT 660R, 350R	1	60	331-00006	BEARING CM535/550/560/750/DCV6.0RU/R/640	2
23	323-00619	CARRIAGE TUBE, 660R	1	61	331-00022	SLOTTED BEARING NUT	1
24	302-00411	M8 X15 HEX HEAD SCREW	17	62	331-00015	NOTCHED BEARING NUT CM535/550/560/750 DC	1
25	328-00091	SEAT PAD, 350R	1	63	302-01613	WASHER 38*24*1.5T, 660R	1
26	328-00092	BACK PAD, 350R	1	63a	302-01614	WASHER 35*22*2.0T, 660R	1
27	302-00356	M6X15MM SCREW	8	64	331-00121	CRANK NUT, 660R	2
28	302-00444	WASHER, M6X16MM (BLACK)	8	65	313-00449	GEAR BOX WITH WIRE, 660R	1
29	323-00344	SEAT HANDLEBAR, HT640R	1	66	313-00451	PULSE WIRE, 660R	1
30	319-00414	SEAT CARRIAGE SLIDER, HT660R	1	67	302-01195	EYEBOLT 6 X 40MM	3
31	302-00455	M8 NYLON NUT (THICK) 220R/240R/640R/250R	2	68	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2
32	306-01014	HANDLEBAR SLEEVE, REAR, 660R	2	69	302-00467	TP M3 X8MM SCREW 220R/240R/640R/520e/250	2
33	306-00569	1" BALL PLUG TRI-6.0R/HT640R/HT640U	4	70	306-01015	HANDLEBAR SLEEVE, FRONT, 660R	2
34	306-01013	PEDAL RIGHT, 660R	1	71	313-00450	HAND PULSE SENSOR WITH WIRE, 660R	2
34a	306-01011	PEDAL STRAP, RIGHT, 660R	1	72	302-00368	6MM HEX NUT MACRO	4
35	306-01010	LEFT PEDAL, 660R	1	73	302-01610	SPACER, 8*12.5*14.9L, 660R	1
35a	306-01012	PEDAL STRAP, LEFT, 660R	1	74	302-01214	LOCKING KNOB (22MM)	1
36	330-00104	CRANK, 660R	1	75	302-01235	SCREW, TPM5X10MM	2
37	313-00448	EXTENSION WIRE, 660R	1	76	313-00452	SHORT EXTENSION PULSE WIRE, 660R	1
38	313-00447	SENSOR WIRE, 660R	1	77	302-01617	HEX HEAD SCREW (SILVER), M6*12MM,660R	4

Exploded View



Warranty Information



Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR IRONMAN FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime

Electronics and *Parts: 1 yr

Missing/Cosmetic Parts: 30 Days

Limited Warranty

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Ironman Fitness Products, L.P. under the Ironman Fitness ("Ironman") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Ironman. Ironman warrants that the Product purchased from Ironman or from an authorized Ironman Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Ironman in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup*, under normal use, and during the applicable warranty period, unless otherwise determined by Ironman.

This warranty excludes *expendable parts* if primary cause for warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Ironman.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Ironman any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies

During the warranty period listed above, Ironman will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Ironman may replace the parts (with new parts or at the option of Ironman, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Ironman (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Ironman may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Ironman can furnish contact information for local (to your area) Ironman authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Ironman is not responsible for any service repair costs accrued through the use of authorized Ironman service providers at your request or out of the limited warranty period (without written consent from Ironman), beyond the limitations outlined on this warranty.

Replacements and Returns

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Ironman technical service and support staff), Ironman, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Ironman, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceeds standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Ironman.

Conditions and Restrictions

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Ironman or from an authorized Ironman reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Ironman in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Ironman in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Ironman listed, maximum weight limit); (b) use of parts not manufactured or sold by Ironman; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Ironman, or an authorized Ironman warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (i) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

***Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

****Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

Disclaimer and Release

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, IRONMAN MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IRONMAN EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER IRONMAN NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS THAT MAY VARY FROM STATE TO STATE. THIS IS THE ONLY EXPRESS WARRANTY APPLICABLE TO IRONMAN-BRANDED PRODUCTS. IRONMAN NEITHER ASSUMES NOR AUTHORIZES ANYONE TO ASSUME FOR IT ANY OTHER EXPRESS WARRANTY.



**Customer Service
1.800.750.IRON
1.800.750.4766**

**Ironman Fitness
4009 Distribution Drive
Suite 250
Garland, TX 75041**

www.ironmanfitness.com